**Discipleship Journey Templates**

***Gentle and Lowly***

**Week 1 –** Meet to get to know one another. Talk about your interests. Talk about

your expectations or desires for this journey. Spend time talking about

ways you can pray for one another.

**Week 2 –** Show up having read the Introduction and Chapter 1 and be ready to

discuss.

**NOTE: DISCUSSION QUESTIONS AVAILABLE IN A SEPARATE PDF IF NEEDED**

**Week 3 –** Show up having read Chapters 2-4.

**Week 4 –** Show up having read Chapters 5-7.

**Week 5 –** Show up having read Chapters 8-10.

**Week 6 –** Show up having read Chapters 11-13.

**Week 7 –** Show up having read Chapters 14-15.

**Week 8 –** Show up having read Chapters 16-18.

**Week 9 –** Show up having read Chapters 19-21.

**Week 10 –** Show up having read Chapters 22-Epilogue.

**Week 11 –** This week is optional, as you may elect to close out your journey in

week 10 once the book is completed.

***Invitation to a Journey***

**Week 1 –** Meet to get to know one another. Talk about your interests. Talk about

your expectations or desires for this journey. Spend time talking about

ways you can pray for one another.

**Week 2 –** Show up having read the Prologue and Forward.

**NOTE: DISCUSSION QUESTIONS ARE LOCATED IN THE BACK OF THE BOOK**

**Week 3 –** Show up having read the first half of Part One.

**Week 4 –** Show up having read the second half of Part One.

**Week 5 –** Show up having read Chapter 5 in Part Two.

**Week 6 –** Show up having read Chapters 6-7 in Part Two.

**Week 7 –** Show up having read the first half of Part Three.

**Week 8 –** Show up having read the second half of Part Three.

**Week 9 –** Show up having read all of Part Four.

**Week 10 –** This week is optional, as you may elect to close out your journey in

week nine once the book is completed.

***The Ruthless Elimination of Hurry***

**Week 1 –** Meet to get to know one another. Talk about your interests. Talk about

your expectations or desires for this journey. Spend time talking about

ways you can pray for one another.

**Week 2 –** Show up having read the Foreword and Prologue.

1. Discuss your initial impressions of the book. Is there anything you read that stood out to you the most?
2. Do you relate to how John Mark describes his life in the prologue? In what ways?

**Week 3 –** Show up having read Part One.

1. What would you say is the greatest challenge to your spiritual life?

2. How does Dallas Willard’s suggestion to John Ortberg,”you must ruthlessly eliminate hurry from your life,” sound to you?

3. “Hurry and love are incompatible.” Would you agree? When was the last time you found this to be true in your own life?

4. Which/how many of John Mark’s ten symptoms of “hurry sickness” (pp. 48–51) resonate with you?

5. Do you think or feel that you need to change your life, in order to stop hurrying? Are you ready to?

**Week 4 –** Show up having read Part Two.

1. “One of the key tasks of our apprenticeship to Jesus is living into both our potential and our limitations.” What’s your response to this?

2. Of the potential limitations John Mark lists (pp. 65– 68), which most resonate with you?

3. How would your thoughts and feelings about your life change if you were to accept your biggest limitation?

4. How deliberately would you say you are living at the moment?

5. Would you say your life is currently organized around the three basic goals that John Mark identifies as being apprenticed to Jesus – to be with him; to become like him; to do what he would do if he were you?

6. How do you feel about the suggestion of adopting a rule of life?

**Week 5 –** Show up having read the Intermission.

1. You’re at the midpoint of the book, what do you think about it so far? How does it make you feel?
2. Discuss the concept of the trellis. Why is this significant?
3. When you hear the concept of Spiritual Disciplines, what do you think of? How do you feel about it?

**Week 6 –** Show up having read Silence and Solitude.

1. Do you ever allow yourself to get bored? Have you ever allowed those moments to become ‘portals to prayer’?

2. When faced with nothing to do, do you automatically reach for your phone?

3. ‘The wilderness isn’t the place of weakness; it’s the place of strength.’ How do you feel about this idea?

4. How does the idea of cultivating silence – both external and internal – make you feel?

5. ‘One of the great problems of spirituality in our day and age that so few people feel safe enough to admit is how separated we feel from God.’ Do you agree?

6. Do you ‘start your day in the quiet place’? Do you want to? What might stop you from doing so?

**Week 7 –** Show up having read Sabbath.

1. “Desire is infinite partly because we were made by God, made for God, made to need God, and made to run on God.” Do you relate to this quote from Dallas Willard?

2. Do you practice Sabbath – taking a full day to stop, in order to rest and worship, once a week?

3. Can you imagine the ‘Restfulness’ list on p. 149 describing your life?

4. “The Sabbath was made for man.” Can you hear this as an invitation to you, to rest, to “enter delight”?

5. If you were to “expand your list of the spiritual disciplines” as John Mark does on p.162 (eating a burrito on the patio, drinking a bottle of wine with your friends...), what would you add?

6. “To begin, just set aside a day. Clear your schedule. TURN OFF YOUR PHONE. Say a prayer to invite the Holy Spirit to pastor you into his presence. And then? Rest and worship. In whatever way is life giving for your soul.” Do you think you can do this, this week? Do you want to?

**Week 8 –** Show up having read Simplicity.

1. If you’re being honest with yourself, do you agree with the gospel that says, ‘the more you have, the happier you will be?” At least some of the time?

2. Do you agree that your three material needs are as simple as food, clothing and shelter?

3. Did you think you struggled with materialism/ consumption before you read this chapter? Did that change after you’d read it?

4. “If you make $25,000 a year or more, you’re in the top 10 percent of the world’s wealth. And if you make $34,000 a year or more, you’re in the top 1 percent.” If you do earn this much, does it shock or surprise you to find out how wealthy you are, relatively speaking?

5. Do you live by any of John Mark’s 12 principles for simplicity (pp. 205–213)? Which appeals to you most, and least?

6. How did you feel about the suggestion of simplifying your closet/ wardrobe?

**Week 9 –** Show up having read Slowing—Epilogue.

1. Do you like rules, like John Mark? Can you imagine a rule of life being fun?

2. Do you already practice any of John Mark’s twenty suggestions for slowing your life? Have they made a difference?

3. Which suggestion appeals most? And which least?

4. Which suggestion do you think you’d find the easiest? And the hardest?

5. Did you feel the ‘smile’ in this chapter? Or did it feel legalistic to you?

6. Do you want to add any of your own practices to this list?

Bonus questions:

If you were to fully incorporate just one suggestion from this book into your life, what would it be? Are you going to?

If you could give this book to any person, and you knew they would read it cover to cover and act on it, who would that person be?

**Week 10 –** This week is optional, as you may elect to close out your journey in

week nine once the book is completed.

***Celebration of Discipline***

**Week 1 –** Meet to get to know one another. Talk about your interests. Talk about

your expectations or desires for this journey. Spend time talking about

ways you can pray for one another.

**Week 2 –** Show up having read all of the introductory material and be ready to

discuss.

1. Discuss your initial impressions of the book. Is there anything you read that stood out to you the most?
2. When you think of Spiritual Disciplines, what comes to mind?
3. Is it possible to “celebrate” and enjoy them? Why or why not?

**Week 3 –** Show up having read the first half of Part One.

In each of the subsequent weeks, you will interact with various Spiritual Disciplines. As you do, consider these questions as you discuss them in the weeks ahead going…

-Why are these specific discipline(s) important?

-Discuss how the specific discipline(s) resonated with you.

-In what ways do you struggle to incorporate the discipline(s) into your life?

-What are some of the roadblocks you are encountering in these chapters?

-Would you like to incorporate the discipline(s) each in your life going forward? Why or why not?

**Week 4 –** Show up having read the second half of Part One.

**Week 5 –** Show up having read the first half of Part Two.

**Week 6 –** Show up having read the second half of Part Two.

**Week 7 –** Show up having read the first half of Part Three.

**Week 8 –** Show up having read the second half of Part Three.

**Week 9 –** This week is optional, as you may elect to close out your journey in

week eight once the book is completed.

***A Long Obedience in the Same Direction***

**Week 1 –** Meet to get to know one another. Talk about your interests. Talk about

your expectations or desires for this journey. Spend time talking about

ways you can pray for one another.

**Week 2 –** Show up having read all of the introductory material and Chapter 1 and

be ready to discuss.

1. Discuss your initial impressions of the book. Is there anything you read that stood out to you the most?
2. What does the concept of "a long obedience in the same direction" mean to you?
3. What challenges do you foresee in practicing long-term obedience?

**Week 3 –** Show up having read Chapters 2-3.

In each of the subsequent weeks, you will interact with various Psalms of Ascent. Consider these questions as you discuss them in the weeks ahead…

-Why are the specific Psalms a valuable resource in our "long obedience"?

-Discuss how the specific Psalms resonated with you and how they relate to the book's overall theme.

-What are some of the roadblocks you are encountering in each chapter?

-How is each chapter cultivating a heart of obedience in you?

**Week 4 –** Show up having read Chapters 4-5.

**Week 5 –** Show up having read Chapters 6-7.

**Week 6 –** Show up having read Chapters 8-9.

**Week 7 –** Show up having read Chapters 10-11.

**Week 8 –** Show up having read Chapters12-13.

**Week 9 –** Show up having read Chapters 14-15.

**Week 10 –** Show up having read Chapter 16 and the Epilogue.

**Week 11 –** This week is optional, as you may elect to close out your journey in

week 10 once the book is completed.

***Desiring God***

**Week 1 –** Meet to get to know one another. Talk about your interests. Talk about

your expectations or desires for this journey. Spend time talking about

ways you can pray for one another.

**Week 2 –** Show up having read the Introduction and Chapter 1 and be ready to

discuss.

**NOTE: DISCUSSION QUESTIONS AVAILABLE IN A SEPARATE PDF**

**Week 3 –** Show up having read Chapter 2.

**Week 4 –** Show up having read Chapter 3.

**Week 5 –** Show up having read Chapter 4.

**Week 6 –** Show up having read Chapters 5-6.

**Week 7 –** Show up having read Chapter 7.

**Week 8 –** Show up having read Chapter 8.

**Week 9 –** Show up having read Chapter 9.

**Week 10 –** Show up having read Chapters 10.

**Week 11 –** This week is optional, as you may elect to close out your journey in

week 10 once the book is completed.